



**Meeting the Child and Adult Care Food Program (CACFP)
Meal Patterns for Children**


**Module 6:
Vegetables Component**



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Bureau of Health/Nutrition, Family Services and Adult Education

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Bite Size Training Modules





- Module 1 Introduction to Bite Size and Meal Pattern Overview
- Module 2 Meal Pattern Documentation
- Module 3 Milk Component
- Module 4 Meat/Meat Alternates Component
- Module 5 Fruits Component
- ➔ **Module 6 Vegetables Component**
- Module 7 Part A: Grains Component – Crediting
Part B: Grains Component – Whole Grain-rich
Part C: Grains Component – Ounce Equivalents
- Module 8 Menu Planning

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources/BiteSize>

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Key Points About Vegetables


-  **Breakfast:** Fruits and vegetables are one component
-  Credit based on volume (cups), except for raw leafy greens
-  **Juice limit:** Juice credits at only one meal or snack per day
-  Use Food Buying Guide (FBG) to determine crediting information

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Reduce Choking Risk

- Consider age and developmental readiness
 - Cooked or raw whole-kernel corn
 - Small pieces of raw vegetables
 - Whole round or tube-shaped foods such as cherry tomatoes or raw carrots



<https://portal.ct.gov/SDE/Nutrition/Food-Safety-for-Child-Nutrition-Programs/Documents/ChokingPrevention>

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Reduce Choking Risk

- Use preparation techniques to reduce choking risk
 - Remove seeds, pits, and tough skins or peels
 - Cook or steam hard foods
 - Finely chop into thin slices, strips, or small pieces ($\leq \frac{1}{2}$ inch), or grate, mash, or puree

<https://portal.ct.gov/SDE/Nutrition/Food-Safety-for-Child-Nutrition-Programs/Documents/ChokingPrevention>

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Required Servings for Vegetables Component

Meal Patterns for Children	Minimum serving		
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 ²
Breakfast ¹	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Lunch/supper	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Snack	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup



¹ Vegetables, fruits, or both
² During COVID, emergency shelters include participants through age 24

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USDA CACFP Best Practices

Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week

www.fns.usda.gov/sites/default/files/cacfp/CACFP_factBP.pdf


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CSDE Resource

Vegetable Subgroups in the CACFP

- Crediting vegetables
- Chart of vegetable subgroups




<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/VegetableSubgroupsCACFP.pdf>

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Allowable Vegetables

- Fresh
- Frozen
- Canned
- Dried
- Pasteurized 100 percent vegetable juice

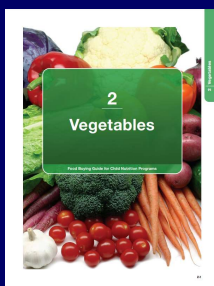


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Use the Food Buying Guide

- Determines yield and crediting information for fresh, frozen, canned, and dried vegetables
- Ensures correct crediting



<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

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Use the Food Buying Guide





<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

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Serving Size for Vegetables Component

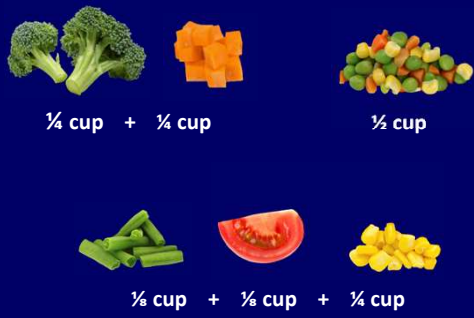
- Serving based on **volume** (cups)
- Minimum creditable amount = $\frac{1}{2}$ cup
- Credit based on **actual volume** (cups) **served** except raw leafy greens
- May offer **combination** of various vegetables to meet minimum serving



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Examples of ½-cup vegetable servings



½ cup + ½ cup ½ cup

½ cup + ½ cup + ½ cup

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Crediting Requirements for Vegetables

- Raw leafy greens
- Canned vegetables
- Dried vegetables
- Pureed vegetables
- Soups
- Fruit and vegetable mixtures
- Vegetable flour pasta



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Crediting Raw Leafy Greens

Arugula


Greens, e.g., beet, collard, mustard, and turnip

Kale

Lettuce, e.g., iceberg, romaine, Boston, Bibb, red leaf, and spring mix

Spinach

- Credit as *half* the volume served
 - Example: ½ cup of raw spinach = ¼ cup of the vegetables component



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Crediting Canned Vegetables

- Serving cannot include packing liquid, such as water or sauce




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Crediting Legumes (Beans and Peas)

- Legumes = beans and peas cooked from dry, canned, or frozen

Black beans	Lentils
Edamame (soybeans)	Navy beans
Garbanzo beans (chickpeas)	Split peas
Kidney beans	White beans




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Crediting Legumes (Beans and Peas)

- May credit as vegetable or MMA, but not both in same meal
- Menu planners may decide how to credit legumes in a meal



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CSDE Resource

Crediting Legumes in the CACFP

- Crediting as vegetables and MMA
- Crediting legumes in recipes
- Resources

Crediting Legumes in the Child and Adult Care Food Program

This guidance is to assist state agencies in determining how to credit legumes in the CACFP. It is based on the USDA Food and Nutrition Assistance Act of 2010 (FNA) and the USDA Food and Nutrition Assistance Regulations (7 CFR 201.10). Legumes include all the seeds and beans in the vegetable component in the CACFP and are not to be credited as grains.

The information in the CACFP and general for children and the adult care program and vegetable component in the CACFP is based on the USDA Food and Nutrition Assistance Regulations (7 CFR 201.10). Please see the CACFP Child Care Program website and the "Vegetable Component in CACFP Child Care Program" website for more information. The CACFP Child Care Program website is <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditLegumesCACFP.pdf>. The information in the CACFP Adult Care Program website is <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditLegumesCACFP.pdf>. The information in the CACFP Adult Care Program website is <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditLegumesCACFP.pdf>.

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<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditLegumesCACFP.pdf>

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Crediting Dried Vegetables

- Dried vegetables credit based on **rehydrated** volume (cups)
- Dried vegetables used for **seasonings** do not credit
- Must have **crediting documentation**
 - FBG
 - a PFS that provides specific documentation on the amount of vegetables per serving




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Crediting Pureed Vegetables


- **Recognizable** pureed foods (pureed foods made from one vegetable)
- Combination foods with **at least 1/8 cup** of a recognizable (visible) pureed vegetable
- In smoothies, credit only as juice
- Cannot credit if **unrecognizable** (not visible), e.g., pureed carrots in tomato sauce



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Example: Pureed Vegetables in Foods



Macaroni and Cheese Recipe		
Diced butternut squash	1/8 cup	Recognizable
Pureed carrots	1/8 cup	Unrecognizable
Credits as		1/8 cup vegetables

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Crediting Soups

- Commercial products
- Soups made from scratch




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Crediting Commercial Soups

- Credit based on yields in FBG
- To credit as **1/8 cup** of vegetables, must serve
 - 1 cup of vegetable soup
 - 1/2 cup of legume soup
- PFS required to credit differently from FBG yields



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Allowable Commercial Vegetable Soups

Vegetable Soups 1 cup = $\frac{1}{2}$ cup vegetables	Legume Soups 1 cup = $\frac{1}{2}$ cup vegetables
<ul style="list-style-type: none"> Minestrone Tomato Tomato with other basic components, e.g., rice Vegetable (contains only vegetables) Vegetable with other basic components, e.g., meat or poultry 	<ul style="list-style-type: none"> Lentil Pea, e.g., split pea Bean, e.g., black bean, mixed bean



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Noncreditable Commercial Soups

- Cream of vegetable, e.g., cream of broccoli, cream of mushroom, and cream of celery
- Beef barley
- Chicken or turkey noodle
- Chicken or turkey rice

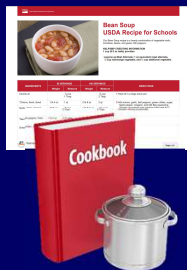


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Crediting Soups Made from Scratch

- Credit based on amount (cups) of vegetables per serving
- Recipe must document vegetables per serving
 - At least $\frac{1}{2}$ cup per serving
 - Based on FBG



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Considerations for Serving Size of Soup

- Appropriateness of serving size for age group
 - 1 cup = $\frac{1}{2}$ cup of vegetables component
- Size of bowl or cup
 - Must be larger than planned serving of soup



10 fluid ounce bowl ► 8 fluid ounces (1 cup) of soup
6 fluid ounce cup ► 4 fluid ounces ($\frac{1}{2}$ cup) of soup

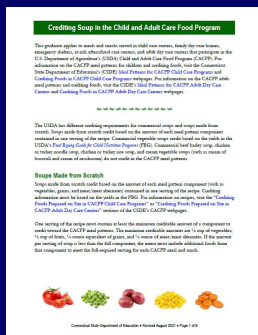
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CSDE Resource

Crediting Soup in the CACFP

- Crediting soups made from scratch
- Crediting commercial soups
- Resources



<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditSoupCACFP.pdf>

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Crediting Mixed Vegetables

- Credit as *one serving* of vegetable

California mix (broccoli, cauliflower, and carrots)
Carrots, peas, and corn
Peas and carrots
Three-bean salad



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Crediting Mixed Vegetables at Lunch/Supper

■ **Reminder:** Vegetables may substitute for entire fruits component at *any* lunch/supper




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Crediting Mixed Vegetables at Lunch/Supper

Vegetable mixtures may credit as *both* vegetables and fruits in *same meal* if

1. menu planner *knows the amount* of each type of vegetable in the mixture
2. serving contains *at least ½ cup each* of two *different* vegetables




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Example: Crediting Mixed Vegetables as Fruits and Vegetables at Lunch/Supper

Vegetable mixture:
¼ cup of broccoli
¼ cup of cauliflower



Meal pattern for ages 3-5	Menu Item
Vegetables: ¼ cup	Broccoli, ¼ cup
Fruits: ¼ cup	Cauliflower, ¼ cup

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Crediting Vegetable and Fruit Mixtures

■ Depends on amount of each vegetable and fruit ingredient in the serving




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Crediting Vegetable and Fruit Mixtures at Lunch/Supper

■ Mixtures credit as *both* the vegetables component and fruit component at the *same meal* if


1. serving contains *at least ½ cup of vegetables* and *at least ½ cup of fruits*
2. fruits and vegetables are *easily identifiable*



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Example: Crediting Fruit/Vegetable Mixture at Lunch/Supper



Meal Pattern Ages 6-12	Recipe ingredient and amount per serving
Vegetables: ½ cup	Shredded carrots, ½ cup
Fruits: ¼ cup	Raisins, ¼ cup

Does serving provide required amount of vegetables and fruits for ages 6-12?

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Example: Crediting Fruit/Vegetable Mixture at Lunch/Supper



Meal Pattern Ages 6-12	Recipe ingredient and amount per serving	Credits as
Vegetables: ½ cup	Shredded carrots, ½ cup	½ cup vegetable
Fruits: ¼ cup	Raisins, ¼ cup	¼ cup fruit *

* Dried fruits credit as twice the volume served

Does serving provide required amount
of vegetables and fruits for ages 6-12?

Yes

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Crediting Vegetable Flour Pasta

- Pasta made of one or more **100 percent** vegetable flours credits as vegetables component



Ingredients:
Red lentil flour

Ingredients: Green
lentils, cauliflower,
parsnips

- ½ cup of 100 percent vegetable pasta = ½ cup of vegetables

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Crediting Vegetable Flour Pasta

- Pasta made of vegetable flours with other **non-vegetable ingredients** might credit as vegetables component
- Requires a PFS** to document the volume of vegetable flours per serving

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Crediting Vegetable Flour Pasta

Ingredients: Semolina (wheat), durum flour (wheat), **dried carrots, dried tomato, dried spinach**, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin, folic acid

Ingredients: Semolina (wheat), durum flour (wheat), **dried spinach**, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin, folic acid

Might credit: Need PFS

Does not credit

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Crediting Vegetable Flour Pasta

- Best practice:** Provide information that indicates the meal pattern contribution
 - Vegetables component** not grain component

Today's Menu
Chickpea pasta
(vegetables component)



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Crediting Vegetable Flour Pasta

- Provide information that indicates the meal pattern contribution
- Inform child care staff



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Examples of Noncreditable Vegetables *

- Chili sauce
- Commercial cream vegetable soups, e.g., cream of mushroom and cream of broccoli
- Dehydrated vegetables used for seasoning, e.g., dried onion and dried parsley
- Ketchup
- Pickle relish
- Home-canned products (for food safety reasons)
- Snack-type foods made from vegetables, e.g., potato chips

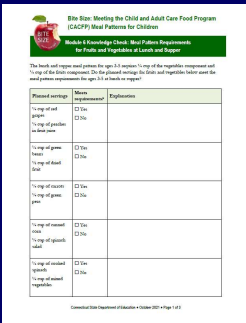
* This list is not all-inclusive



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Knowledge Check: Meal Pattern Requirements for Fruits and Vegetables at Lunch/Supper




https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/BiteSize/Bite_Size_Knowledge_Check_Module_6_Fruits_Vegetables_Lunch_Supper.pdf

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Reminder: Lunch/Supper Meal Pattern Requirements for Ages 3-5



Vegetables	$\frac{1}{4}$ cup
Fruits	$\frac{1}{4}$ cup



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Knowledge Check: Fruits and Vegetables at Lunch/Supper



$\frac{1}{4}$ cup of red grapes $\frac{1}{4}$ cup of peaches in fruit juice

Do these planned servings meet the meal pattern requirements for fruits and vegetables for ages 3-5 at lunch/supper?

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Knowledge Check: Fruits and Vegetables at Lunch/Supper

$\frac{1}{4}$ cup of red grapes $\frac{1}{4}$ cup of peaches in fruit juice

Do these planned servings meet the meal pattern requirements for fruits and vegetables for ages 3-5 at lunch/supper?



No

Must contain one fruit and one vegetable
OR two different vegetables (vegetable substitution for entire fruits component)

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Knowledge Check: Fruits and Vegetables at Lunch/Supper



$\frac{1}{4}$ cup of green beans $\frac{1}{4}$ cup of mixed dried fruit

Do these planned servings meet the meal pattern requirements for fruits and vegetables for ages 3-5 at lunch/supper?

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Knowledge Check:
Fruits and Vegetables at Lunch/Supper

$\frac{1}{4}$ cup of green beans $\frac{1}{4}$ cup of mixed dried fruit



Do these planned servings meet the meal pattern requirements for fruits and vegetables for ages 3-5 at lunch/supper?

Yes Dried fruits credit as **twice** the volume served

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Knowledge Check:
Fruits and Vegetables at Lunch/Supper



$\frac{1}{4}$ cup of diced carrots $\frac{1}{4}$ cup of green peas

Do these planned servings meet the meal pattern requirements for fruits and vegetables for ages 3-5 at lunch/supper?

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Knowledge Check:
Fruits and Vegetables at Lunch/Supper

$\frac{1}{4}$ cup of diced carrots $\frac{1}{4}$ cup of green peas



Do these planned servings meet the meal pattern requirements for fruits and vegetables for ages 3-5 at lunch/supper?

Yes

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Knowledge Check:
Fruits and Vegetables at Lunch/Supper



$\frac{1}{4}$ cup of canned corn $\frac{1}{4}$ cup of spinach salad

Do these planned servings meet the meal pattern requirements for fruits and vegetables for ages 3-5 at lunch/supper?

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Knowledge Check:
Fruits and Vegetables at Lunch/Supper

$\frac{1}{4}$ cup of canned corn $\frac{1}{4}$ cup of spinach salad



Do these planned servings meet the meal pattern requirements for fruits and vegetables for ages 3-5 at lunch/supper?

No Vegetable substitution must be $\frac{1}{4}$ cup (raw leafy greens credit as **half** the volume served)

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Knowledge Check:
Fruits and Vegetables at Lunch/Supper

$\frac{1}{4}$ cup of cooked spinach $\frac{1}{4}$ cup of mixed vegetables

Do these planned servings meet the meal pattern requirements for fruits and vegetables for ages 3-5 at lunch/supper?

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Knowledge Check: Fruits and Vegetables at Lunch/Supper



$\frac{1}{4}$ cup of cooked spinach



$\frac{1}{4}$ cup of mixed vegetables

Do these planned servings meet the meal pattern requirements for fruits and vegetables for ages 3-5 at lunch/supper?

Yes

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Knowledge Check: Fruits and Vegetables at Lunch/Supper



$\frac{1}{4}$ cup of pureed strawberries in a smoothie



$\frac{1}{4}$ cup of vegetable juice

Do these planned servings meet the meal pattern requirements for fruits and vegetables for ages 3-5 at lunch/supper?

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Knowledge Check: Fruits and Vegetables at Lunch/Supper



$\frac{1}{4}$ cup of pureed strawberries in a smoothie



$\frac{1}{4}$ cup of vegetable juice

Do these planned servings meet the meal pattern requirements for fruits and vegetables for ages 3-5 at lunch/supper?

No

Meal contains two servings of juice

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Knowledge Check: Fruits and Vegetables at Lunch/Supper



$\frac{1}{4}$ cup of orange juice



$\frac{1}{4}$ cup of mashed sweet potatoes

Do these planned servings meet the meal pattern requirements for fruits and vegetables for ages 3-5 at lunch/supper?

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Knowledge Check: Fruits and Vegetables at Lunch/Supper



$\frac{1}{4}$ cup of orange juice



$\frac{1}{4}$ cup of mashed sweet potatoes

Do these planned servings meet the meal pattern requirements for fruits and vegetables for ages 3-5 at lunch/supper?

Yes

Cannot credit juice at any other meal or snack that same day

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Knowledge Check: Fruits and Vegetables at Lunch/Supper



$\frac{1}{4}$ cup of broccoli




$\frac{1}{4}$ cup of broccoli

Do these planned servings meet the meal pattern requirements for fruits and vegetables for ages 3-5 at lunch/supper?

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Knowledge Check: Fruits and Vegetables at Lunch/Supper



$\frac{1}{4}$ cup of broccoli $\frac{1}{4}$ cup of broccoli


Do these planned servings meet the meal pattern requirements for fruits and vegetables for ages 3-5 at lunch/supper?

No Must be two different vegetables

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Knowledge Check: Fruits and Vegetables at Lunch/Supper




Carrot-raisin salad: $\frac{1}{4}$ cup of shredded carrots
 $\frac{1}{4}$ cup raisins

Does this planned serving meet the meal pattern requirements for fruits and vegetables for ages 3-5 at lunch/supper?

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Knowledge Check: Fruits and Vegetables at Lunch/Supper



Carrot-raisin salad: $\frac{1}{4}$ cup of shredded carrots
 $\frac{1}{4}$ cup raisins

Does this planned serving meet the meal pattern requirements for fruits and vegetables for ages 3-5 at lunch/supper?

Yes

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More Resources



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CSDE Webpage

Crediting Foods in CACFP Child Care Programs

- Vegetables Component for CACFP Child Care Programs

The resources below provide guidance on meeting the meal pattern requirements for the five CACFP food components: milk; meat/meat alternatives; vegetables; fruits; and grains.

Milk | Meat/Meat Alternatives | **Vegetables** | Fruits | Grains

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents/Vegetables>

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USDA Resource

CACFP 09-2017: Vegetable and Fruit Requirements in CACFP: Q&As

- Guidance
- Questions and answers

<https://www.fns.usda.gov/cacfp/vegetable-and-fruit-requirements-qas>


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USDA Resource

Webpage: Serving Vegetables in the CACFP

- Guidance on crediting vegetables
- Handouts, training slides, and webinars in English and Spanish



<https://www.fns.usda.gov/tn/serving-vegetables-cacfp>

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Thank you for participating in Bite Size!



<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

<https://portal.ct.gov/SDE/Nutrition/CACFP-Contact>

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